What is claimed is:

Claim 1. A low attenuation optical fiber comprising:

a dispersion (D) of 2.0 to 14.0 ps/nm/km in absolute value over a wavelength band of 1530 to 1565nm,

a transmission loss which remains no more than 0.25dB/km at a wavelength of 1520nm under the standard atmospheric conditions,

wherein said transmission loss at 1520nm does not exceed 0.25dB/km after being exposed, for a sufficient period, to an atmosphere consisting substantially of hydrogen under ordinary atmospheric pressure at ordinary temperature.

- Claim 2. The low attenuation optical fiber according to Claim 1, further comprising:

 a dispersion slope (S) of no more than 0.15 ps/nm/km over a wavelength band
 of 1530 to 1565nm.
 - a polarization mode dispersion (PMD) of no more than 0.5 ps/\(\sigma\) km; and,
 - a loss increase of no more than 40dB/m at a wavelength of 1550nm as coiled in
 - a diameter of 20mm,
- Claim 3. The low attenuation optical fiber according to Claim 1, further comprising:

 an effective area (A eff) of no more than 90 \(\mu \) m2 at a wavelength of 1550nm,
- Claim 4. The low attenuation optical fiber according to Claim 1, further comprising: a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,
- Claim 5. The low attenuation optical fiber according to Claim 1, further comprising: an effective area of no more than 90μ m2 at a wavelength of 1550nm,
- Claim 6. The low attenuation optical fiber according to Claim 2, further comprising a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of 40 μ m2 to 70 μ m2 at a wavelength of 1550nm,

- Claim 7. A low attenuation optical fiber comprising
 - a dispersion (D) of 2.0 to 14.0 ps/nm/km in absolute value over a wavelength band of 1530 to 1565nm,
 - a transmission loss which remains no more than 0.25dB/km at a wavelength of 1520nm under the standard atmospheric conditions.
 - wherein said transmission loss at 1550nm does not exceed 0.25dB/km after being exposed, for a sufficient period, to an atmosphere consisting substantially of hydrogen under ordinary atmospheric pressure at ordinary temperature.
- Claim 8. The low attenuation optical fiber according to Claim 7, further comprising:
 - a dispersion slope (S) of no more than 0.15 ps/nm2/km over a wavelength band of 1530 to 1565nm,

 - a loss increase of no more than 40dB/m at a wavelength of 1550nm as coiled in a diameter of 20mm,
- Claim 9. The low attenuation optical fiber according to Claim 7, further comprising: an effective area (A eff) of no more than 90μ m2 at a wavelength of 1550nm,
- Claim 10. The low attenuation optical fiber according to Claim 7, further comprising: a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm.
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of $40\,\mu$ m2 to $70\,\mu$ m2 at a wavelength of 1550nm,
- Claim 11. The low attenuation optical fiber according to Claim 8, further comprising: an effective area of no more than 90μ m2 at a wavelength of 1550nm,
- Claim 12. The low attenuation optical fiber according to Claim 8, further comprising a dispersion slope of 0.04 ps/nm/km to 0.08 ps/nm/km over a wavelength band of 1530 to 1565nm,
 - a dispersion of 6ps/nm/km 10ps/nm/km in absolute value, and an effective area of $40\,\mu$ m2 to $70\,\mu$ m2 at a wavelength of 1550nm,

Claim 13. A method of hydrogen proof treatment for low attenuation optical fibers, wherein said hydrogen proof treatment is exposure to an atmosphere consisting substantially of deuterium at ordinary temperature and takes place after a fiber drawing process.